



# Spiritual and Pastoral Care

Information for patients, carers, family and support persons



The Melbourne  
Clinic  
by Healthscope

130 Church Street,  
Richmond VIC 3121

P 03 9429 4688 | F 03 9427 7558

[themelbourneclinic.com.au](http://themelbourneclinic.com.au)

ABN 85 006 405 152



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Community  
of Care



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by Healthscope

At The Melbourne Clinic we value the importance of spiritual health in recovery. To acknowledge this we proudly offer spiritual and pastoral care to our clients.

“Spiritual Care is the provision of assessment, counselling, support and ritual in matters of a person’s beliefs, traditions, values and practices - enabling the person to access their own spiritual resources” - (ICD codes Australian Version 2018).

## Spiritual and Pastoral Care

- Pays attention to the spiritual nature of the person, and to the spiritual issues that arise in illness, suffering, life and death
- Is person-centered, provided in a one-on-one therapeutic relationship, and makes no assumptions about personal convictions, life orientation or spiritual identity
- Seeks to identify a person’s spiritual resources and needs, in order to reflect on and explore their hopes and concerns
- Enables individuals to work through issues of meaning, purpose, connectedness and a sense of belonging
- Recognises that every person has a unique way of finding meaning through individual experiences, beliefs, culture, history and tradition
- Provides a range of services through group discussion and support, counselling and education, and specific spiritual care (including prayer)

## How is Spiritual and Pastoral Care provided at The Melbourne Clinic?

### Explore, discover and uncover spiritual matters around:

- Spirituality & self-care
- Understanding my core values
- Grief and loss
- Guilt, shame, and forgiveness
- The five love languages
- Contemplation and journaling
- Meditation and mindfulness
- Hope in recovery
- Self-worth and self-talk

### Groups

- Spiritual and Pastoral Care Groups are offered as part of our Living Well Program. If you are part of a specialty program you still have the option to attend these groups
- These groups will be displayed on the weekly groups timetable

### Individual Appointments and Referral Process

#### Inpatients:

- Our Spiritual and Pastoral Care Coordinator is available for individual sessions.
- To make an appointment please speak with a member of your treating team.

Whatever your cultural background or belief system, our Spiritual and Pastoral Care Coordinator is committed to assisting you with your spiritual, religious or emotional needs, and offers a respectful, accepting and attentive presence.

“Spirituality can be central in empowering someone living with a mental illness... Together, we can discover how your needs can best be met (Swinton 2001)”